



Tools For Action

A sample of physical education initiatives in Wisconsin

Healthy Living Fair

Contact Information

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Program Information

Program Name
Healthy living fair
Program Category
Combining the importance of exercise and nutrition
Grade Level
Elementary School (3-5); Elementary School (K-2)
Assessment Method

Program Information

Products Developed or Materials Used:

List of health projects for students, monthly calendars, flyers sent home on healthy living fair, etc.

Program Description:

Taught nutrition lessons to k-6 grade. The 5 & 6 graders had to do projects on the food pyramid, fast food restaurants, evaluating snacks, etc. They need to present their projects to the school and extra credit was given to students who came to the healthy living fair and presented their project. The 5 & 6 graders also had monthly calendars with 60 minutes of exercise a day and a nutritional component with it. Students simply circled what they did.

For information on other **Physical Education Best Practices**, visit the website at:

<http://dev.dhfs.wisconsin.gov/health/physicalactivity/PEhome/> or contact Jon Hisgen at jon.hisgen@dpi.state.wi.us

For information on how your school could become a **Governor's Healthy School Award** winner, visit the website at:

<http://www.schoolhealthaward.wi.gov/> or contact Brian Weaver at brian.weaver@dpi.state.wi.us

For more information on nutrition and physical activity, visit the **Wisconsin Nutrition & Physical Activity Program's website** at:

or contact staff at: <http://dhfs.wisconsin.gov/health/physicalactivity/>
Meineam@dhfs.state.wi.us (Amy Meinen, Nutrition Coordinator)
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